

Social Support and Leisure

There are various support services that can assist autistic people in developing social support systems and their families/carers in understanding the difficulties faced by autistic people.

National Autistic Society

The NAS is the UK's leading organisation for people with ASD and their carers.

NAS website: <https://www.autism.org.uk/>

The following guide can be useful for planning interactions and developing social confidence: <https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/making-friends/autistic-adults>

Turtle Key Club

This arts club is for young adults aged 16 to 30 years old who have Autism. It meets once a month, and consists of a two-hour creative arts workshop presented by professional artists, followed by a social break. To find out more, please contact:

Telephone contact number: 020 8964 5060

Website: <https://www.turtlekeyarts.org.uk/key-club>

Express CIC

Express offer a '**connect club**' which runs fortnightly on a Saturday for autistic young adults aged 19-25. They are a chance to meet others, connect, express and be yourself. For more information, please email:

connectclub@expresscic.org.uk

Express also host a **drama club** to build confidence, social skills and have fun!

Website: www.expresscic.org.uk

Snowbility

Snowbility aims to make a difference through snow sports to those individuals with additional needs, such as autism and dyspraxia, plus all forms of rehabilitation challenges. Snowbility works with its students, to not only develop their ability on the slopes, but to also help them with their self-esteem, social communication skills and confidence. For more information, please contact:

Telephone contact number: 01442 773007

Email address: kathy@snowbility.co.uk

Website: <https://snowbility.co.uk/>

London Social Group (ASSIST) – Women’s Group

Held on the 1st and 3rd Wednesday in the month between 15:30-17:30pm, a social group for all those who identify as women on the autism spectrum. It is a relaxing space for people to meet and socialise with one another and plan and participate in running a variety of activities.

Telephone contact number: 020 8962 3018

Email address: assistlondon@nas.org.uk

Website: [London Social Group \(ASSIST\) – Women’s Group \(autism.org.uk\)](https://london-social-group.org.uk/)

Citizen Autistic – The London Autism Film Club

Each month, all things film, autism and film and autism are discussed in welcoming, accessible and autism-friendly venues across Central London in person, and also via virtual chatroom and synchronised video playing platforms.

Email: citizenautistic1941@gmail.com

Website: [Citizen Autistic - The London Autism Film Club](https://www.citizenautistic.org.uk/)

Asperger’s London Area Group (ALAG)

ALAG runs a monthly support group for adults on the autistic spectrum living in the Greater London area, although those from elsewhere are welcome. It is a chance to meet others to talk about common issues and to support and help each other.

Website: [Asperger London Area Group \(alag.org.uk\)](https://www.alag.org.uk/)

Kingston-specific social support:

Kingston Mencap

Kingston Mencap provides free, group activities for people with learning disabilities and/or autism:

Telephone contact number: 020 8744 1923

Email address: office@richmondmencap.org.uk

Website: <https://richmondmencap.org.uk/>

Richmond-specific social support:

Richmond Mencap

Richmond Mencap provides free, group activities for people with learning disabilities and/or autism. Contact Richmond Mencap to find out planned activities and register interest:

Telephone contact number: 020 8744 1923

Email address: office@richmondmencap.org.uk

Website: <https://richmondmencap.org.uk/>

Resources for Autism Social Group

Resources for Autism facilitate an evening social group where you can work on and practice social situations that you may find difficult. They offer a variety of activities and discussion topics. The group occurs every Thursday (with occasional Sunday sessions) between 6-8pm and is located in East Twickenham.

Telephone contact number: 0208 458 3259 (Charlotte)

Email address: charlotte@resourcesforautism.org.uk

Website: [Adult Services - Resources for Autism](#)

WilderMe Retreats

WilderMe offer Wellbeing and Adventure Retreats, as well as Glamping in Cornwall for Autistic adults exclusively. Their mission is to give Autistic adults an opportunity to make new friends whilst exploring a beautiful area in a comfortable, safe setting.

Telephone contact number: 07786 689751

Email: hello@wilderme.com

Website: <https://www.wilderme.com/>

Autism Friendly Cinema Screenings

'Dimensions' offer autism friendly screenings at over 250 cinemas in partnership with Cineworld, Odeon, Vue and Showcase cinemas.

For more information about all Dimensions' autism friendly screenings, visit:

www.dimensions-uk.org/support-services/autism-care/autism-friendly-screenings/